



Hampden Recreation Program Guide Spring 2016



Hampden

MAINE

The Community of Choice in Central Maine

www.hampdenmaine.gov





Contact Information

Town of Hampden

Department of Recreation

106 Western Avenue (Mailing)

Hampden, ME 04444

Skehan Recreation Center

1 Main Road North (Physical)

Phone: 207-862-6451

Fax: 207-862-5067

Email: recreation@hampdenmaine.gov

Website: www.hampdenmaine.gov

Staff

Shelley Abbott, Recreation Director

Jill McLaughlin, Asst. Director

Keep In Touch With Us...



Department Policies and Miscellaneous Program Information

Where Do I Find Out About Programs?

Program Guides are available online at www.hampdenmaine.gov, for print at home. Links are also available on Facebook. Program guides will no longer be mailed to all residents in the 04444 zip code. Program guides are available for pick up at the Skehan Recreation Center.

How Do I Register?

Complete the included program registration form, include any program fees, and either mail in or drop off at the Skehan Recreation Center.

Hampden Recreation Department 106 Western Avenue, Hampden, ME 04444 (mailing)

Skehan Recreation Center, 1 Main Road North, Hampden, ME 04444 (drop off)

After You Have Registered

Consider yourself and/or your children enrolled in the program of your choice when you send in the completed registration form and payment. Some programs may have limited enrollment and may fill. In such cases, the office will notify you and ask if you want to be put on a waiting list. Individuals we are unable to accommodate will receive a refund in full.

Payment Policy

Payment is expected in full at the time of registration. Payments are accepted in cash and check only. Please make checks payable to the *Town of Hampden*.

Participants who have an outstanding balance will not be allowed to participate in the current session of future sessions until the balance is paid in full.

Late Registration Policy

Late Registrations will only be accepted on a space available basis. Registrations received after the program deadline will be charged an additional \$10.00 per program participant. Please enclose the late fee with your registration payment. Participants will not be registered until this fee has been paid.

Registrations received after published program deadlines will not be guaranteed a tee-shirt (where applicable).

Returned Check Fee

The Town of Hampden has a returned check fee of \$20.00. This fee must be paid in cash. All future registration fees for programs must be paid in cash.

Department Policies and Miscellaneous Program Information

Late Pick Up Policy and Charges

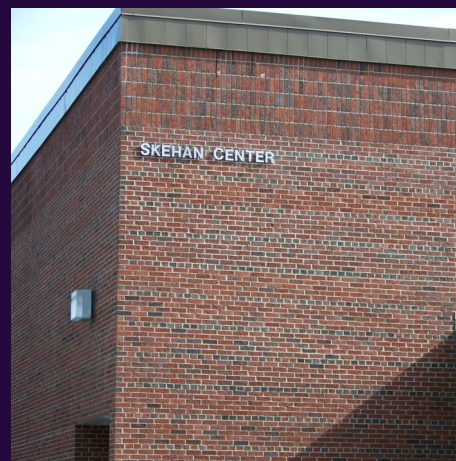
Program participants should be picked up promptly at the scheduled ending time for the program in which they are enrolled. Please be conscious of this and respect the private time of our staff, most of whom have other jobs to get to, or personal matters to take care of. Each participant picked up late will be charged \$10.00 per fifteen minutes or fraction thereof.

Refund Policy

Refunds will be paid in full if a request is made one week prior to the first day of the program. For requests received less than one week prior to the first week of programming, refunds will be issued for the program cost minus a \$5.00 administrative fee, unless otherwise noted. No refunds will be issued after the first week of programming. Any individual dismissed from a program is not entitled to any refunds. Refunds are not issued due to participants not knowing the start date of the program.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations, and fees are subject to change.



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Commitment and Vision

*We are dedicated to serving
our participants...*

We strive for excellence.

We work with integrity.

*As An Essential Service,
We Make Hampden Happier!*



Adult Programs

Reshaping Retirement

Ongoing*

Mon., Wed., Friday | 8-9 A

***No class on 4/18 or 5/30**

>Skehan Recreation Center

Resident \$1 | Non-Resident \$1

Drop in program. Coed senior fitness class instructed by Physical Therapist, Dana Tardif, with focus on strength and balance at your own pace. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

Line Dancing with Chris

Ongoing

Tuesday | 9-11 A | Intermediate Class

>Skehan Recreation Center

Resident \$6 | Non-Resident \$6

Drop In program. This is a coed class. Fee is per person, per day. Participants are asked to wear dance shoes, sneakers, or bowling shoes. Please complete a registration form to be filed for emergency purposes.

Pickle Ball

Ongoing*

Monday | 12-2 P

Wednesday | 9:15-10:45 A

Friday | 9:15-10:45 A

***No class on 4/18 or 5/30**

>Skehan Recreation Center

Drop in Fee \$2 per person/per day

Pickle ball is a paddle sport which combines elements of badminton, tennis and table tennis. Come in and learn how to play this fun new sport.

Yoga Nidra

May 9 & June 13

Monday | 5:30-7:30 P

>Skehan Recreation Center

Fee: \$5.00 per class

Yoga Nidra or "yogic sleep" is a state of consciousness between waking and sleeping. Yoga Nidra, lucid sleep, is among the deepest possible states of relaxation while still maintaining full consciousness. Participants should wear comfortable clothes and bring a blanket.

VanGogh on Furniture Workshop

May 21

Saturday | 10 A-2 P (or whenever we finish)

>Skehan Recreation Center

Fee \$55.00

Bring a stool, small table or chair and create a one of a kind piece of art that is also functional. No art experience necessary. We will paint, drink tea or coffee and listen to music. All materials will be provided (including tea). Just bring your small piece of furniture, and wear comfy, painting clothes. Fun will be had by all. Minimum enrollment to run 3/maximum 6.

> **Deadline to Register: 5/13**

Walking

April 25– June 15

Mon., Wed., Fri. | 7-8 A

Tues. & Thurs. | 7-9 A

>Skehan Recreation Center

Adults \$2.00/ Seniors \$1.00

Drop in program. Please complete a registration form to be filed for emergency purposes. Families welcome with adult supervision.



outh Programs

Mini Mitts-Ages 3-4

May 3-May 31

Tuesday | 4:30-5:15 P

>Lura Hoit Pool Field

Resident \$35 | Non-Resident \$40

This program offers the chance for parents to work with their child on the basic skills of baseball. Parents must participate during this program. This class is limited to 8 parent/child and tends to fill quickly! Sign up early!

>Deadline to Register 4/22

Tee Ball-Ages 4 and 5

May 3-June 9

Tuesday and Thursday | 5:30-6:30P

>Lura Hoit Pool Field

Resident \$35 | Non-Resident \$40

Learn basic game fundamentals and play in a nightly game. Volunteer coaches are needed. Coaches Meeting 4/28. [See Information Below.](#)

>Deadline to Register 4/22

Instructional Baseball- Grade K-Age 9

May 2-June 13*

Monday and Wednesday | 5:30-7 P

***Program will not meet May 30th**

>Lura Hoit Pool Field

Resident \$35 | Non-Resident \$40

Instructional program that consists of skill station practice and game play. This is a coach pitch program, no tees will be used. Volunteer coaches are needed. Coaches Meeting 4/28. [See Information Below.](#)

>Deadline to Register 4/22

Pavement Pounders- Grades 3-8

May 7-June 11*

Saturday | 10-11 A

***No Program on Saturday, May 28th**

>Reeds Brook Trails Gazebo

Resident \$25 | Non-Resident \$30

Introduction to running both individually and with a group. There will be a combination of games mixed with training to develop proper technique, form, and pacing. The focus of the program is to cultivate the enjoyment of running. Running parent volunteers welcome to help!

>Deadline to Register 4/22

**Tee Ball and
Instructional
Baseball
Coaches
Meeting**

Coaches Meeting

**Thursday, April 28,
2016**

**Location: Skehan
Recreation Center**



Youth Programs

After-School Art Club- Grades K-2

Grade K-2| Monday | 3:15-5 P

April 25– June 13*

***Class will not meet on 5/30**

>Skehan Recreation Center

Resident \$85| Non-Resident \$90

Offered by Windover Art Center, this seven week session will include the exploration of pottery, drawing, painting, fabric arts and paper crafts. Minimum enrollment 6/maximum enrollment 16, so sign up soon!

Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent.

>Deadline to Register 4/19

No Refunds For This Program

After-School Art Club- Grades 3-5

Grade 3-5| Wednesday | 3:15-5 P

April 27– June 8

>Skehan Recreation Center

Resident \$85| Non-Resident \$90

Offered by Windover Art Center staff, this seven week session will include the exploration of pottery, drawing, painting, fabric arts and paper crafts. Minimum enrollment 6/maximum enrollment 16, so sign up soon!

Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent.

>Deadline to Register 4/19

No Refunds For This Program.

Afterschool Robotics Program– Grades 3-5

Grades 3-5| April 25– May 23

Monday| 3:15-5:15 P

>Skehan Recreation Center

Resident \$125| Non-Resident \$130

Learn how to build and make robots using the Lego Mindstorms systems. Participants will work in small groups to design and program robots to complete various fun challenges, while learning about engineering. Robot creation is done with the easy to use Lego building blocks while the software environment is 100% graphic, simple, and allows you to build a flow chart program that controls the robot. Come and see what you can build! Offered by Maine Robotics. Minimum

of 10/ maximum of 16 to run this program.

Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent.

No Refunds for this Program.

>Deadline to Register 4/19

Beginner Horseback Riding-Ages 7-13

June TBA (Look for it in our Summer Program Guide)

TBA| Time TBA

>Horse Feathers Farm; Back Winterport Road, Hampden

Resident \$80| Non-Resident \$85

Four week instructional program that will teach health, science, grooming, handling, and riding. Participants should wear long pants and a shoe/ boot with a heel. No refunds for this program. Minimum enrollment 3 to run/Maximum enrollment 6.

>Deadline to Register TBA



outh Programs

Afterschool Nerf Program -Grades 3-5

May 5– June 2

Thursday| 3:15-4:30 P

>Skehan Recreation Center

Resident \$50|Non-Resident \$55

This is a COED program. Come play a variety of games with Tactical Nerf. Games are played like laser tag but with nerf guns. All participants will be given a vest and safety glasses to play. Minimum enrollment 6/maximum 16. Students will be walked to the Skehan Recreation Center by Rec. Staff with written permission from parent.

No refunds for this program.

>Deadline to Register 4/28

Open Gym– Free Choice Grades 3-up

April 27-June 8

Wednesday| 2:30-6:30 P

>Skehan Recreation Center

Resident \$2|Non-Resident \$2

Drop in program. COED. Shoot around or bring some friends for a game. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

Diamond Drills-Ages 9-15

April 17, 24, May 1– Hitting on HA Turf Field

Sunday| Age 9-15|10-11:30 A

>Hampden Academy Turf Field

Resident \$15 Per Session, NR \$20 Per Session

Resident \$40 for all 3 Sessions, NR \$45 for all 3 Sessions

Clinics will include fundamentals and skills for hitting. Offered by local coach and clinician, Jon Perry.

>Deadline to Register 4/11

Softball Clinic- Grades 3-8

April 10

Sunday | 1-3 P

>Skehan Recreation Center

Resident \$15|Non-Resident \$20

Clinic will teach the basic fundamentals and skills of softball. Offered by Hampden Academy coach Matt Madore. Participants should bring a glove and indoor shoes. Minimum of 8 participants to run this program.

>Deadline to Register 4/4

April Vacation Open Gym – Grades 3 & up

April 19, 20, 21

Tuesday| 2:30-6:30 P

Wednesday| 2:30-6:30 P

Thursday| 2:30-6:30 P

Resident \$2| Non-Resident \$2

>Skehan Recreation Center

Drop in program. COED. Participants will be divided by grade and gender when appropriate. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

Yoga, Mandalas and Meditation-Grades K-2

April 26– June 7

Tuesday | 3:15-5 P

>Skehan Recreation Center

Resident \$85|Non-Resident \$90

This class, taught by Jeanette Larkin, is designed to give students stress reduction skills. Activities will include Zen Gardening, Mindfulness, Yoga and Movement, and Art Media. Minimum/Maximum is 4.

>Deadline to Register 4/19

Upcoming Summer Programs

Track & Field	HA Boy's Basketball Camp
Kid's Kamp	HA Girl's Basketball Camp
Bronco Soccer Camp	Bronco Youth Football Camp
Adult Softball	HA Field Hockey Camp
Beginner Golf	Little Stars Sports Sampler
Frogtown Puppet Show	Helping Kids Stay Home Alone
Tennis Camp	Tween trips

Summer Program
information will be coming
out soon!

Kid's Kamp and Bronco
Soccer Camp information
will be out by May 5th.

KIDS KORNER REGISTRATION DAY (Hampden Residents Only) FALL 2016-2017 SCHOOL YEAR

MARK YOUR CALENDAR!

Please plan to attend!

When: Sunday, June 5, 2016

Where: Skehan Recreation Center

Time: Registrations will begin being accepted at 9 AM

A \$25.00 deposit per child is required to sign up at registration.

Registration Forms for Fall 2016-2017 will be available at the Skehan Recreation Center and Online beginning May 27, 2016

Registrations will be accepted on a first come basis. No preference will be given to past children involved. Registrations are for the 2016-2017 school year only. Registrations will be on a walk in basis only.

No phone or fax registration accepted.

Registration forms will continue to be accepted during normal office hours beginning Monday, June 6, 2016, for any remaining spots or waiting list spots.

Enrollment Available for the 2016-2017

Morning Program; Weatherbee School, 7-8:45 AM, 25 Spots Available, Grades 3-5

Morning Program; McGraw School, 7-8:45 AM, 25 Spots Available, Grades K-2

Afternoon Program; McGraw School, 3-6 PM, 30 Spots Available, Grades K-2

Afternoon Program, Weatherbee School, 3-6 PM, 30 Spots Available, Grades 3-5



Is The Weather Bad?

Wondering If A Program Is Cancelled?

Skehan Center Building Closure: This facility will be closed when school is MSAD 22/RSU 22 is cancelled.

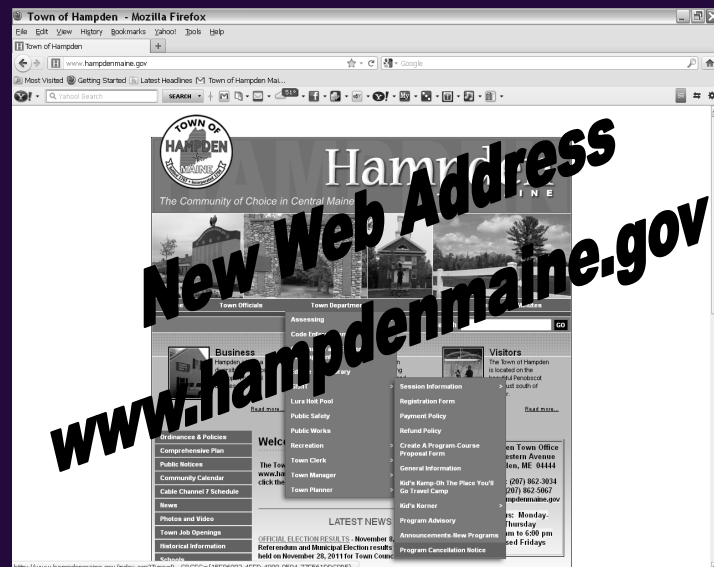
Other weather cancellations are made by 3 PM on the day of a scheduled weekday program, and by 8 AM for weekend programs.

Log on to the town website at www.hampdenmaine.gov

Look under town departments, recreation, and program cancellation notice.

If you do not have internet access, call the Hampden Recreation Department at 862-6451. Cancellation announcements will also be left on the office answering machine.

Should the need arise to cancel due to a non-weather event or poor field conditions; we will contact team coaches who should contact their team.

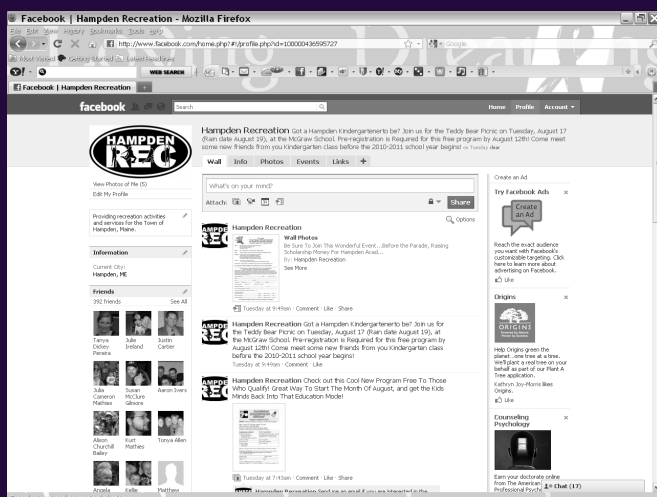


www.hampdenmaine.gov



Find Us On Facebook!

Search Hampden Recreation On Facebook



Weather Cancellations

Registration Deadline Reminders

New Program Information

Program Reminders

Program Guide Links

Hampden Recreation Participant Registration Form

106 Western Avenue, Hampden, ME 04444 (Mailing) | 1 Main Road North (Physical) | 207-862-6451

Participants Name (First Name, Last Name)	Gender	Grade	D.O.B.	Age	Program Registering For	Program Fee

Session Registering For? ☐ Fall ☐ Winter I ☐ Winter II ☐ Spring ☐ Summer

Volunteer Coach A Team? ☐ Yes ☐ No Assist A Team? ☐ Yes ☐ No

Email Address: _____ Cell Phone: _____

Mailing Address: _____ Home Phone: _____

Parent Name: _____ Work Phone #: _____

Parent Name: _____ Work Phone #: _____

Should we be unable to contact you in the event of an emergency, please list the name and contact number of another responsible adult we may contact.

Emergency Contact: _____ Emergency #: _____

Family Physician Name: _____ Physician #: _____

Any Allergies/Medical/Behavioral Challenges: _____

Photography Permission-Participants in Hampden Recreation programs may occasionally be photographed or videoed for future publicity. **Unrestricted usage:** I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by for a variety of purposes and that these images may be used without further notifying me. I do understand that the child's last name will not be used in conjunction with any video or digital images.

☐ No Parent Initials: _____

Waiver For Participation-Participation in this activity may involve risk of injury or death. As a parent, guardian, or participant I am aware of these hazards and my/(my child's) ability to participate. In registering for participation in the program(s) listed above, I hereby waive and release all rights and claims against the Town of Hampden, its officers, employees, agents, volunteers and supervisors from all losses, injury, damages, fees and other expenses arising out of, or in connection with participation in the above registered activity. In addition, I give my consent for the Hampden Recreation Department and staff to act in my place in all respects should the need arise during the course of this activity or related travel. This shall include but not be limited to obtaining medical care.

Parent/Guardian Signature: _____ Date: _____

For Office Use Only: Amount Paid: _____ / Cash/Check #: _____ / Date: _____

Announcements!

Skehan Recreation Center | 862-6451

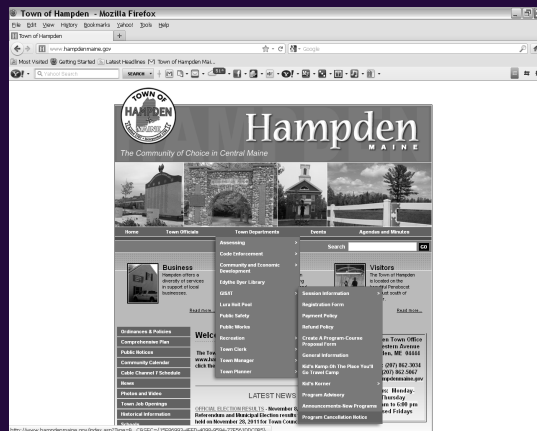
Email-recreation@hampdenmaine.gov

Recreation Department Office Hours: Monday-Friday 7 AM-4 PM

Our office is located at the Skehan Recreation Center. You can find this building at 1 Main Road North in Hampden. Enter from the front of the building. This space was formally the "new gym" at the former Hampden Academy.

The Skehan Recreation Center hours will vary depending on the season and programming offered. This facility will be closed when SAD 22/RSU 22 school is cancelled for a snow day.

Our program guides are now exclusively online. We have begun using the Constant Contact program for email blasts regarding our services. If you would like to be added to our email list, just drop us an email and we will gladly add you! If you do not have internet access, copies of our program guide and various individual program flyers can be picked up at the Skehan Recreation Center.



www.hampdenmaine.gov



Town of Hampden
Recreation Department

106 Western Avenue
Hampden, ME 04444

Constant Contact®

Email us to add your name to our email list and start receiving
email blasts via Constant Contact today!